

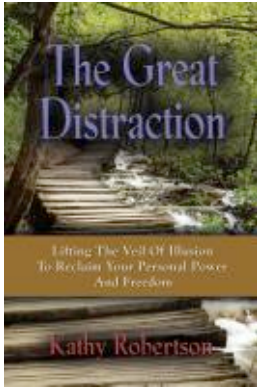
A lush green forest scene featuring a wooden boardwalk that leads towards a small, cascading waterfall. The water flows over several steps, creating white foam. The surrounding trees are dense with vibrant green leaves, and the overall atmosphere is serene and natural.

The Great Distraction

Lifting The Veil Of Illusion
To Reclaim Your Personal Power
And Freedom

A close-up view of the wooden boardwalk and the edge of the waterfall. The wooden planks are weathered and arranged in a path that leads towards the right. The waterfall is visible on the right side, with water cascading over rocks and creating a misty spray.

Kathy Robertson



Do you feel trapped in a system of corrupt politics, biased media, manipulative advertising, flawed education, fear based religious organizations, and the harmful practices of the pharmaceutical industry? This book will help you look beyond the illusion, reclaiming your personal power and freedom. This information is meant to open your eyes to other possibilities, to help "lift the veil" that may cloud your clear vision. Things are not always as they appear on the surface.

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Your Free excerpt appears below. Enjoy!

The Great Distraction

Lifting The Veil Of Illusion
To Reclaim Your Personal
Power And Freedom

Kathy Robertson

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First Edition

Preface

“Something that hides, disguises, or obscures something, or separates one thing from another”.

–Definition of the word veil from the Encarta Dictionary.

For the last year I have been taking orb pictures on a regular basis and have noticed orbs in other people’s digital photos as well. Most of these orbs can be explained as the light from the flash reflecting off of natural particles floating in the air such as dust, rain, insects, or pollen. But, there are some orbs that are not easily explained because of their unusual designs. There are many perfectly “logical” explanations from many skeptical people, but it is my feeling that these unusual orbs are some type of spherical pocket of vortex energy.

They are usually white in color with a defined center (nucleus) very similar to a labyrinth. After studying some of these orbs I have noticed that they also resemble many of the sacred circular shapes that have been known and revered by many cultures all over the world such as the mandala, rose window, crop circle, medicine wheel, etc. Could this be simply a coincidence?

The following photo was taken in July of 2009. In the center of the photo is a white circular shape, which is a good example of a well-defined orb. It is difficult to see the details in this photo without the use of a magnifying lens, but you can still see that there is a defined center with what appears to be surrounded by spokes or a labyrinth type design.

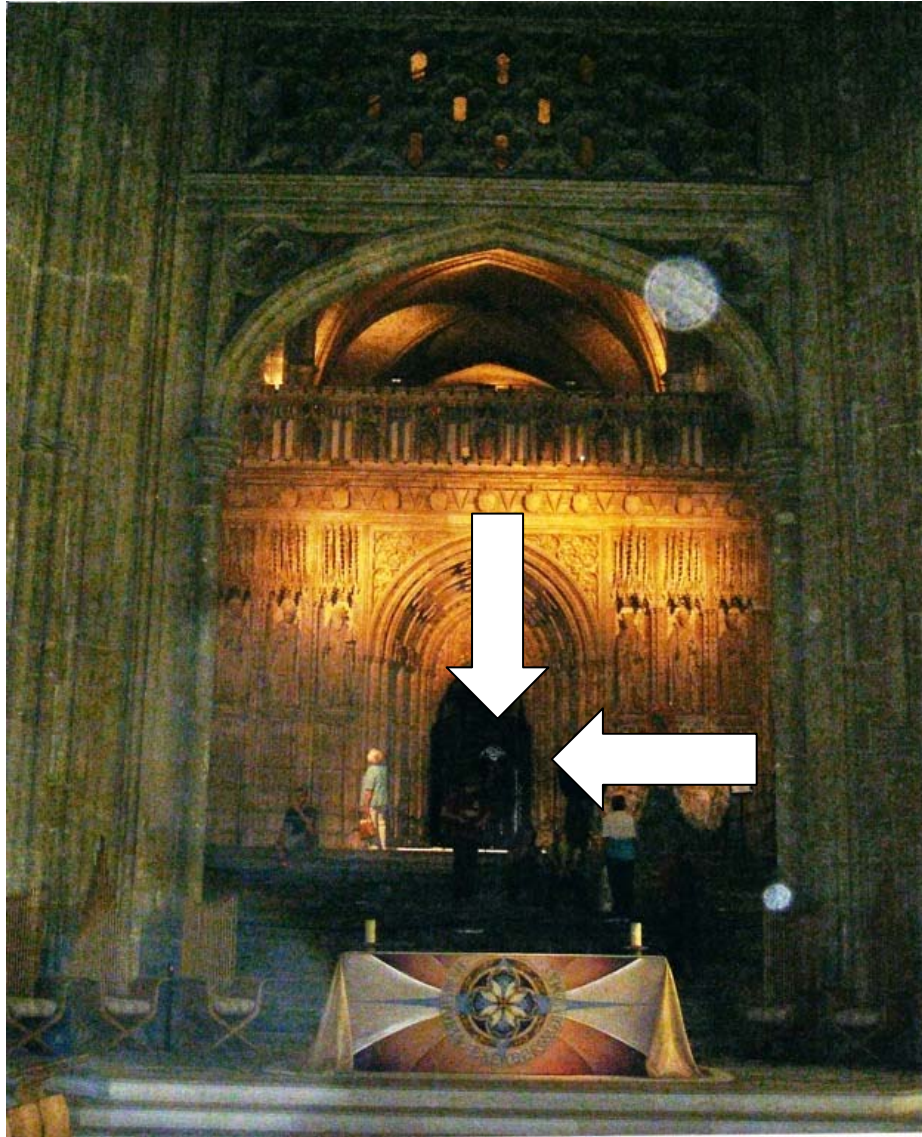
The Great Distraction



Orb Photograph

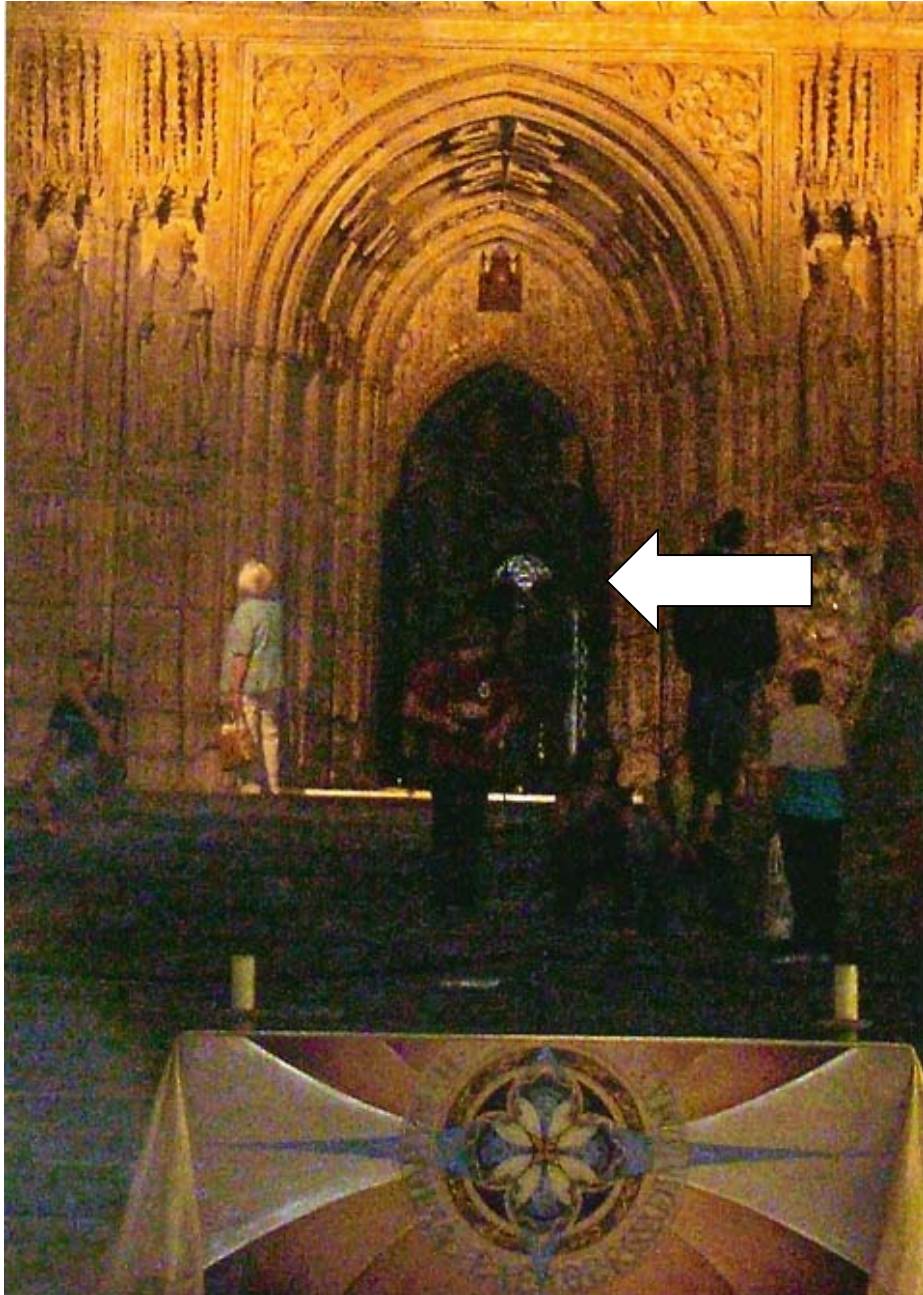
The next photo on the following page was taken while on a trip to England in 2008 at Canterbury Cathedral. This is the same cathedral made famous by Geoffrey Chaucer's *Canterbury Tales*. This particular photo sent chills up my spine when I looked at it through a magnifying lens. The first photo is the original, the second photo is a magnified version, and the third photo is further magnified for a close-up view.

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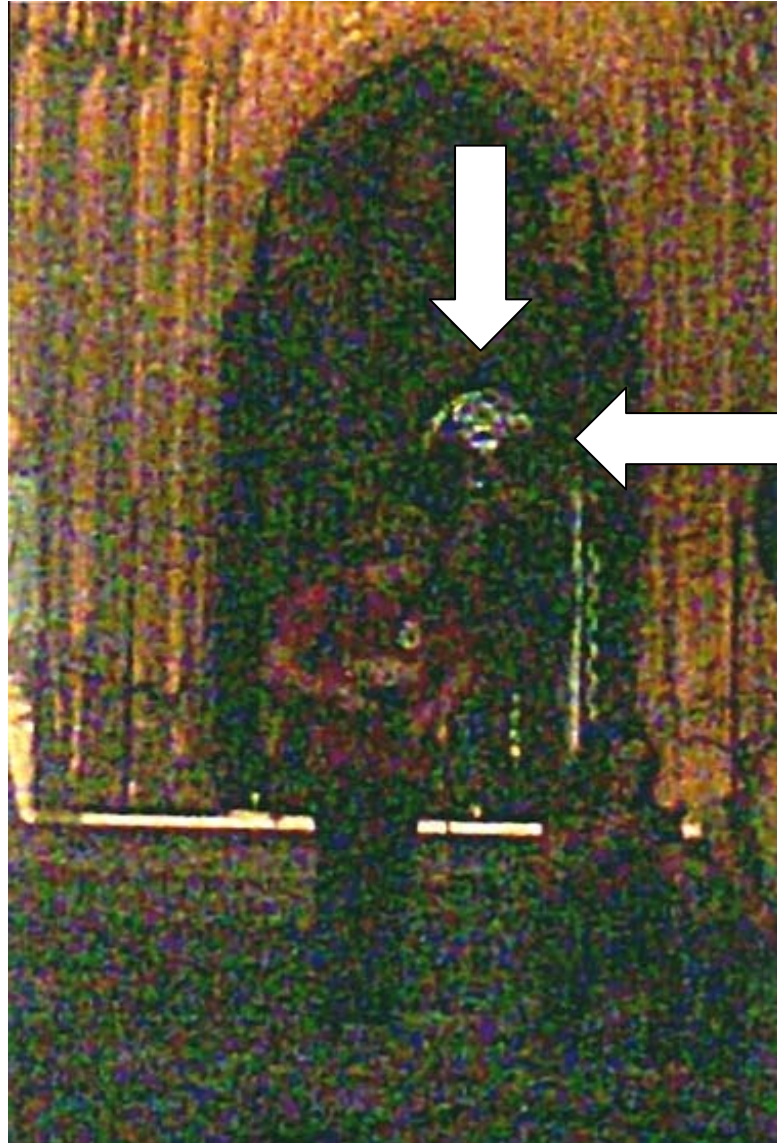


Original Photo taken at Canterbury Cathedral, Kent, England

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Further Magnified

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There is a clear image of a figure standing in the arched altar holding what appears to be a staff with a serpentine object hanging along its shaft. You can see the outline of its shape with the head area being especially prominent. The figure is of the same “white essence” as the orbs, which are also visible within the photo. I would never have noticed the figure in the archway if I had not become curious about the orbs in the photo by examining them through a magnifying lens!

These are just a sampling of the many photos that I have recently taken containing orbs. It is interesting to note that I never took orb pictures in the past using regular film photography. I only noticed these orbs when I started to use digital technology. My camera is a Nikon Coolpix S50 with 7.2-megapixel capabilities.

Some digital cameras are sensitive to intense near infrared light, which I believe can sometimes, under the right conditions, be seen in digital imagery showing up as a bright white light. Near infrared light consists of waves that are just below red of the visible light spectrum with wavelengths between 700-1400 nanometers. The human visual range is between 400-700 nanometers and does not see infrared light with the naked eye without the aid of technology. I believe that the boundary of the wavelengths near the 700 nm range between visible and near infrared light are extremely close making it possible, under the right conditions, for apparitions emitting this wavelength to be recorded on digital photography.

Digital technology works by focusing light onto a semiconductor instead of on film and records this light electronically. A computer inside the camera then breaks this electronic information down into digital data.

A pixel is the smallest item of information in an image and is usually arranged in a 2-dimensional grid, and is often represented using dots or squares. The more pixels (dots or squares) a camera is capable of supplying, the clearer and sharper the image will be.

The idea of a pixel and the electromagnetic light spectrum and how this is related to consciousness and to the way we perceive reality, will have a great bearing on the scientific discussion in this book. First, I will start from the very beginning of how and why I came to the point in my life where the idea of the “smallest item of information in an image” is important and relevant to our lives.

Why are we not able to see these orbs and apparitions with the naked eye? Could it be that there is a *veil or obstruction* that prevents us from

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seeing beyond the visible light spectrum, the material world? Does this “veil” separate us from other realities?

The word “veil” in the context of this book is a metaphor to describe mankind’s inability to see beyond the three dimensional world. But there is evidence from the sacred texts and the myths and legends from many cultures that this was not always the case.

There are some places on earth where the “veil” is thinning and we are able to receive energy and vital information from the many wavelengths of the electromagnetic spectrum. This involves activating our “third eye” which was originally designed to “see” beyond the visible light spectrum. Most of us are not able to physically see other entities within the scope of our current reality, but we can prepare ourselves for the day in the near future where this may be a real possibility.

Apparitions or ghosts have been seen, heard, and felt by many people since the beginning of recorded history. We will delve deeper into the mysteries of energy and perception and analyze the information that was left to us by the ancient scribes who took great pains to meticulously record for a future generation. We are that generation! And as we closely examine the ancient records, a different story may then start to emerge about the origins of humanity.

- Throughout this book, I give specific word definitions. I feel that this is necessary because many words have been used extensively by popular culture whose usage may have changed or distorted the word’s original meaning. It is important that we not let engrained cultural norms interfere with our understanding. When I give definitions, they are coming from the Merriam Webster’s Dictionary, Encarta Dictionary, or the Wikipedia Encyclopedia.

Introduction

“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.”

-Helen Keller

I am not a scientist, a medical doctor, a psychologist, or a preacher. The last time I checked, I wasn't a movie star, supermodel, athlete, or politician. I don't hold impressive degrees from any prestigious universities. I am certainly not a psychic nor do I possess any special talents that make me stand out in a crowd.

Who am I? I represent the silent majority; the millions of people who live anonymous lives. The millions of people whose daily existence revolves around ordinary activities such as going to work, paying the mortgage/rent, raising the children, cleaning the house, shopping for groceries, preparing the meals, walking the dog, etc., etc., etc. These are all of the normal, everyday activities required by the average modern household, keeping society in perpetual motion.

I was only able to break free of my life of normality when I was forced to seek alternative education for my son. He happened to be one of those students who didn't quite fit into the “normal” learning mode, which inadvertently caused him to “fall into the cracks”, so to speak. At the time, I was extremely frustrated with the educational system and their apparent lack of understanding into the different types of learning styles. This scenario then set the stage for a whole host of related problems that changed the course of destiny for me, and my family. Those years were the most challenging, emotionally charged, and disheartening days of my life.

Ironically, it was **because** of this challenge that I was able to get a glimpse into another way of thinking, another way of being. My journey of discovery introduced me to many unorthodox theories about life and reality. The more I delved into these mysteries, the easier it became to separate

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myself from “normal” thought patterns. As time went by, I felt like I was peeling off layers of programmed beliefs that were no longer serving me.

My life is still quite “normal” as I live from day to day, but the difference is that my **perception** has changed which freed me from a world of tunnel vision. Almost as if a sort of “veil” was lifted, giving me the freedom to see from many angles. I am not speaking of “physical” sight, but I am referring to a *realization* as to the existence of other realities beyond what our five senses can perceive. My “perception” no longer feels tied to what the world’s governments, mega corporations, media outlets, and religious institutions try to program into my psyche. I no longer react to the propaganda and I try not to panic or to let fear dictate my actions.

I do believe that extraordinary events, whether positive or negative, can be huge catalysts for change. The negative events can be compared to a slap in the face; it makes us feel hurt, angry, and defensive, but at the same time awakens us to the dynamics of our own behavior. This “slap” brings a shock to our system forcing us to respond and to learn from our experiences. We have two choices in the way we react to these events: we can accept the challenges presented to us as a “wake up call” and an opportunity to learn and to grow, or we can retreat into a world of the “why me?” syndrome and the victim mentality. It is easy to succumb to being a victim, but it takes courage to realize that there are no coincidences and to consciously change the course of your own destiny.

Sometimes these traumatic experiences set the stage for a “soul searching” journey that can help guide us through the intricacies of living a human life. They give us the opportunity to expand our conscious minds to levels that are far beyond our wildest imaginations. When this happens, we can never go back! Our perception changes and we begin to see and hear beyond the ordinary and the familiar. What once seemed to be so wrong and unfair begins to take on another dimension. We then begin to realize that it was the **challenges** that opened the door for growth and strangely the negative event begins to seem *almost* like a blessing. You may think that this would be nearly impossible in some instances where unspeakable trauma occurs, but amazingly it all depends on your *perception*.

Sometimes it may take many years or even a lifetime to become conscious of the cause and effect relationships of our experiences. We may never understand them and so they become a part of our karmic imprint. When our perception changes beyond the victim mentality, we expand our

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conscious minds to higher levels. This is what I call “**sacred learning**”. When we learn in a sacred manner, the knowledge comes from the eternal spirit, which emanates from outside of third dimensional space and time. (Another more popular name for the eternal spirit would be “God” although not in the traditional sense of an angry, jealous, demanding male figure).

Sometimes this expansion of consciousness can be scary and we may feel all alone. Sometimes we may experience depression because, although we are “awakening”, we are still trapped within the system. We are afraid to speak our truth out of fear of what others might think and possible rejection from family and friends. These are powerful emotions that can hold us back from our greatest potential. These are also the emotions that kept me silent for many years.

It took several years for me to consciously make these connections. I feel that I was able to step outside of my “normal” life so that I could learn something new. This was a difficult step to take, but it has opened the door to some incredible experiences. I have learned to let go of many programmed ways of thinking. The simple act of “letting go” has given me the freedom to explore. Gaining freedom requires the courage to look beyond society's preconceived notions about life and to realize that things are not always as they appear on the surface. This freedom has also led me to some of the most sacred places on Earth.

Many would say that finding a connection to the eternal spirit (God) is not attained from any particular place. Yes, I absolutely believe that this is true! We can have spiritual experiences at any place, at any time, because this is done within our hearts. But, I also know that some sacred places, which are located in many areas of the world, are powerful generators of divine energy. These places can give us sacred knowledge and wisdom if this is what we seek. This book explains this phenomenon in great detail. My hope is that this information will provide some type of spark that sets your consciousness on its own journey of discovery.

It is interesting to note that I started writing this book on the same day that I visited an Indian Mound, and finished it almost five years later, on the day of the Spring Equinox, 2012. I gained many thought provoking revelations and was able to formulate theories after visiting certain sacred sites. Many of these sites are well known and visited by millions of people from all corners of the world. But much of the most revealing information was obtained while visiting obscure locations right in my local vicinity.

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It is not an easy task to attempt to explain these revelations because I do lack “expert” training and have a limited educational background in scientific subjects. ***But, I do want to stress that having impressive credentials is not a prerequisite to anything in the abstract world of spirituality.*** To all of us who feel a sort of “awakening” taking hold and whose consciousness is starting to expand, we should know that this pattern of “giving our power away” to an “authority” is what keeps us bound and chained and looking outside of *ourselves* for a savior who will lead us. We must stop our dependence on “authorities” that dictate what we do and how we think. We have to start looking within *ourselves* for the answers we seek. When we start to trust in our own intuition to guide us, we will start to break free of the programmed reactions that are such an engrained part of our everyday lives.

By discovering the power of the sacred places, including the sacred place in our heart, we can gain access to the vital link that connects us to divine wisdom, guidance, and spiritual visions that we never thought possible. Nature holds powerful energy and can be a source of healing and renewal to anyone struggling with the illusions of the material world. It is not necessary to travel to places such as the Salisbury plains of England, the jungles of the Yucatan, or the Peruvian Andes to experience a sacred place. If you do have the opportunity and the means to visit such places, it is well worth the effort as they hold tremendous energy, which can be transforming to the spiritual seeker. If you are drawn to any of these famous places, then you are probably being “guided” to take a journey and to participate in a pilgrimage of discovery. Powerful spiritual transformations have occurred by people who took notice of their yearnings and chose to follow their destiny.

We can also locate some very special places right in our own cities and towns that hold electromagnetic energy that can connect us to the divine. Unspoiled natural places such as: old growth forests, groves, caves, beaches, waterfalls, lakes, rock outcroppings, deserts, and mountaintops, are excellent energetic generators. ***But, it is important to know that “feeling” the energy does require being open and willing to receive, and an upgrading in consciousness.*** If you don’t “feel” the energy within your heart center, your experience at a sacred place will be meaningless; just another place like any other. When you learn to “feel” energy, you will intuitively know what to look for and you will “feel” when you find it. When you are able to “feel”, then this is when your consciousness expands.

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Even though we can connect to the eternal spirit (God) without ever going to any particular place, we also need to connect with the spirit of the earth, since our souls are also living within a physical body. We should keep this one simple concept in mind at all times. **Grounding** our physical bodies to the gravity of the earth, will give our souls a clear reception to God. These earthly places are all around us and you don't need to have any special qualifications to find them and to receive the energy that they provide.

Humans are now being forced to address many pressing issues that are caused by our destructive habits, neglect, and abuse of the earth's environment. We are also facing huge challenges that are created by the greed of many corporations who can only see profits at the expense of the people and the earth. The historical abuse by many governments, religious institutions, and the media continues into the present age and has caused much fear, anxiety, and separation within the human population. This abuse creates great barriers to healing, world peace, and spiritual enlightenment.

We, as a society, wear "blindness" as to the possibility of extraterrestrial visitations in our past placing such stories into the imaginary world of mythology. This topic has been "taboo" for a long time, but it is time to examine the abundant amounts of evidence given in the sacred texts and the archaeological record. Of course, all evidence is pure speculation, as we do not have absolute "proof" of their existence. Hopefully, this information will help to dispel some of the possible misconceptions regarding the identity of the many gods and goddesses spoken of in the cuneiform tablets, various religious texts, and the wide range of myths and legends that represent the myriad of human cultures all around the world.

This book is meant to open your eyes to other possibilities, to help "lift the veil" that may cloud your clear vision. I am in no way judging or condemning any person or organization. I am simply relating my perspective from my personal views and experiences. I have always been very conscientious of not offending anyone and so have taken a great deal of time and effort to avoid any misunderstandings.

Even if you are a long time spiritual seeker who has reached a high level of consciousness awareness, there is always something to be learned and sometimes the information comes from the most unexpected places. It is extremely difficult to leave the ego behind and to truly look at something from another perspective. We have got to find the courage to put one foot forward and to step onto the path that will lead us to living in a sacred

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manner. Humanity simply *must* take the necessary steps in raising its consciousness to a higher level; the Earth is depending on it!

So.... who am I? I am no one and I am everyone, as we are all a part of the greater human family. My credentials are: PhD in Reality Based Theory from the prestigious College of Life. I am an expert, and so are you!

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Chapter 1: The Vital Link

“Being Indian is an attitude, a state of mind, a way of being in harmony with all things and all beings. It is allowing the heart to be the distributor of energy on this planet; to allow feelings and sensitivities to determine where energy goes; bringing aliveness up from the earth and the sky, putting it out from the heart”.

-Brooke Medicine Eagle

As I sat alone on the ancient mound, my mind began to race with many burning questions. Why was this place special? Why did the ancient indigenous people consider this mound to be hallowed ground, deserving such reverence and respect? The veil of mystery surrounding these questions piqued my curiosity but the answers seemed elusive, just beyond my grasp. I would have to reach far into the depths of my soul and journey beyond my mental limitations. Like so many before me, I was seeking truth much like a pilgrim journeying to a distant land on a quest for vision, knowledge, and understanding.

The great philosophers asked many questions such as “Who am I?” “Why am I here?” “What is the meaning of life?” But you don’t have to be a philosopher, priest, shaman, scientist, or anything else to ask these questions and to embark on a personal vision quest. Every single person alive on this planet can and should ask these questions. ***Just don’t be surprised if you get an answer!***

What is the mystery of the Indian mounds? At first glance, there appears to be nothing unusual about them. To the physical eyes, an Indian mound is simply a platform made of dirt. But, as I quietly sat atop this particular mound, I sensed that there was something more; a mystery that was hidden deep within the recesses of space and time.

It is believed that the mounds were used for the ceremonies of the high-ranking tribal members who lived, died, and were buried there. I believe this to be true, but I also believe that there is a missing piece to the

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interpretation made by the archaeologists who excavated and reconstructed this site and also many of the other sacred sites all around the world. This “missing something” pertains to the mysteries surrounding the “unseen” world, which has been nearly lost within the confines of modern civilization.

I fancied myself to be like the great philosophers who pondered the perplexing question of: **why?** Why was this mound of dirt considered **sacred** to the Native American people? Why did these mysterious people take the time and effort to build them? Why?

The word *sacred* descends from the Latin word *sacrum* and has many religious connotations usually referring to “God or gods” who were ever present in every aspect of the lives of the people.

Sacred: “Dedicated or set apart for the worship of a deity; devoted exclusively to one service or use; highly valued and important.”

Were these mounds the remnants of a lost time, which now stand in silence echoing the memories and superstitions of a primitive people? As you will see, sacredness takes on a whole new meaning when a sacred place is entered with *three* open eyes. The third eye is essential in order to “see” the world in which the two physical eyes cannot. By activating the pineal gland, which is located directly behind the eyes and safely hidden deep within the center of the brain, the third eye has the ability to “see” beyond the concrete physical world enabling humans to experience the power of a sacred place. The third eye can be accessed by anyone who has the courage to look beyond the ordinary. When we use the gift of alternative sight, we unwittingly stimulate the pineal gland making it possible to experience the incredible world of the *extraordinary*.

We all possess this gift, but we don't all use it, because we don't all believe that it exists. **Belief** is the critical component to stimulating the pineal gland. Belief makes extraordinary experiences **noticeable**. When we take *notice* of our experiences then we are developing our brains capacity to learn and grow.

We are often too bogged down in the material world to notice our experiences and we in turn neglect our spiritual nature causing disconnection and disease. When you open your mind to other possibilities and believe in the existence of extraordinary phenomena, then you will be

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able to use this gift to "see" another reality. When our third eye is closed this means that our pineal gland is dormant and we see and experience the world as random events where extraordinary experiences are viewed as luck or coincidence. When our pineal gland (third eye) is activated we begin to see, hear, and experience the world behind the thin layer that separates us from our perceived reality. We begin to understand that coincidence is not at all random, but synchronistic events that are the products of our own mental creations.

As I sat quietly on the mound, I observed the expansive sky above me in all its deep blue glory. There were several powdery white clouds placed strategically in the background as if painted on the canvas of a masterpiece. It was a sizzling hot day in August, with the temperature hovering around 106 degrees. The area was experiencing a severe drought and this high temperature was extremely unusual. The air was completely still and I found myself taking deep, labored breaths. Shaded by the ceremonial hut, I strangely did not sweat nor feel any sense of discomfort.

I was seated in a lotus position, with my bottom planted firmly on the ground. I surveyed the landscape in front of me and had a feeling of complete serenity. I then gazed intently at the ground with my head cocked slightly to the side. With my eyelids partly closed, I could faintly see the heat radiating upwards from the ground in a wave-like pattern. This wave was sort of mesmerizing and although I was fully awake, I felt almost as if I were dreaming. Little did I know then the significance of the wave pattern and how intricately it is woven into the fabric of everything that we consider "real".

I was feeling a bit guilty as to the fact that I had taken the time to be here when I could have been doing something more "constructive". Was this a waste of time and effort? This had been my dominant thought pattern and what most people also experience when they step outside of their "normal" lives. "Normally" we are all trapped within a certain perception and the only way to escape is to **consciously** change that perception.

I closed my eyes and thought about why I had driven to this obscure location in the heat of the summer to sit alone on an Indian mound! I asked myself, "Kathy, what in the hell are you doing? Why are you here?" I patiently listened very carefully for an answer and to my complete surprise I soon heard a familiar voice speak! Yes, I was sure of it! I recognized the

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faint whisper of the voice of my **heart!** It had been a long time since we spoke and I was happy to finally meet again!

I instantly became aware of the meaning behind the popular statement: "listen to your heart". People often make this statement but not many truly know *how* to listen to their heart, as it is certainly difficult to communicate with something as elusive as your heart! This concept is often too abstract for many people because it takes them into the realm of the unknown. My response to that is: "It's all good!" It's good because it is in the abstract world where we can truly listen to our voice from within; it's where we want to be!

My heart spoke to me that day, not with actual words, but with "knowing". It was an **inner voice**. I knew that there was something that I should do, something that would change my life forever! I then decided to relax and let go of my feelings of foolishness. I opened my eyes and gently placed the palms of my hands on the surface of the grassy earth in front of me.

"I will *take* some of your energy to heal myself, but in return I will *give* of my energy to you" I mumbled.

I instantly felt a bit of panic as I said these words aloud as this activity was certainly taking me far beyond my comfort zone. I hesitated while nervously looking around to make sure that I was alone. I then anxiously squirmed, cleared my throat, and continued with my speech.

"I know that you are ailing, and I am here to give you my attention, my love, and my energy. Tell me, what is the purpose of this mound? Give me sign", I said.

I continued to sit quietly, simply allowing myself the freedom to participate in the moment. Soon I noticed a sound coming from the left of where I sat. I was previously aware of noise from the distant road which faintly permeated the silence of the mound. I kept a sharp ear towards the sound but sensed it as separate from the road noise. It was a barely audible humming sound followed by a vibration that was not otherwise noticed by my physical senses, except for a slight movement of my sensitive inner ear.

Just then, a sudden breeze made its way past the side of the ceremonial hut behind me, gently touching the side of my face. I could hear the rustling of the leaves in the distant trees as I changed my focus to the cluster of trees ahead of me and could see the movement of the long branches rubbing against one another. This was certainly a welcome breeze

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on such a hot day! I then took a deep breath in order to savor the moment letting the air penetrate deep within my lungs allowing the feelings of peace to surround my body.

Then, as if a light bulb turned on inside of my head; my eyes quickly opened wide with a sense of knowing, and I gently released my breath, smiled, chuckled softly then said, "OK, I get it!" This was "Mother Earth" giving me a sign that she had acknowledged me, and my intentions!

I sat for some time basking in the soft breeze while scanning the landscape as if I were seeing for the first time. I gradually became aware of the bees buzzing around me occupied with their tasks of hovering over the plants, as if suspended in mid air, in search of flowers that would give up their delectable nectar. There were several butterflies fluttering about showing off the beauty of their brightly colored wings with such intricate details and geometrical designs. It then occurred to me that these beautiful creatures symbolized Mother Nature's way of displaying her artistic abilities. I observed how each butterfly seemed unique; an original work of art! I had never noticed this before! I realized that taking a moment to actually *notice* and contemplate such things had never occurred to me in such detail. We may take such things for granted, as they are a part of our everyday lives, but have you ever really stopped to observe the world of the animals and the insects?

Several small birds flew past me as if to say hello. There was a pole of some sort (flagpole?) in the center of the courtyard in front of the mound, which appeared to take on the role of a throne for the birds to rest upon as they flew by. One bird after another would perch on the "throne" proudly scanning the vicinity as if it were boasting, "I am the king of the universe!"

I began to notice the different types of birds and the various colors of their feathers. They would peer intently at me, with jerky movements of their heads, checking me out as if unsure of whether I was a threat. Suddenly, one bird would fly off to the distant trees only soon to be replaced by another bird with the same sense of curiosity! I could hear the flapping of their wings as they soared into the sky and I was very much aware of the sounds of their birdcalls. It was like a symphony in the forest, a hauntingly beautiful song. They were speaking to one another in a language that I couldn't understand with my mind, but I could relate with my heart!

I then had a feeling that I should look up into the sky, and as my eyes gazed into the blue above me, I spotted two large hawks circling directly

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above the mound. I felt that they were attracted to the mound and wanted to mingle with the energy currents of Mother Earth. Their wingspans were enormous and I felt that it was a real treat to be given the opportunity to observe them. I starred as if in a trance at the majesty of these creatures, letting my eyes follow them as they eventually soared out of sight.

I noticed the intensity of my physical surroundings and how everything seemed to be in sharp focus. I had a heightened sense of the richness of the colors from the leaves on the trees to the bees and the butterflies. Sounds that normally would have gone unnoticed seemed to be louder as if my ears were somehow more sensitive. My awareness of the natural world was amplified and I felt that the presence of the animals, insects, and plants around me was all that existed. It was almost as if time had slowed down allowing me to “see” and experience the presence of nature.

I continued to relax while trying to absorb every detail of the moment. I then closed my eyes and visualized my body as being a container of energy. My voice again broke the silence as I continued with my mission.

"I will take the energy from the core of the earth and draw it up into my body entering through my root chakra located at the base of my spine where I am now connected to the earth. I will pull this energy up through my sacral, solar plexus, heart, throat, brow and out from my crown chakras," I said.

At this moment in my mind's eye (third eye), I saw a faint circle of white light surrounded by a burst of white rays! I was not aware then of the significance of the white light, but would soon discover just how much the light is integrated in all aspects of life.

"Now, I will take from the heavenly source and bring it down into my body through my crown, brow, throat, heart, solar plexus, sacral, and root chakras, down into the earth giving sacred healing energy." I repeated this three times then continued, "I have given and received both heavenly and earthly energy. I am now connected and balanced in both worlds."

My voice abruptly cracked at the end of this statement, as I continued to be apprehensive about the fact that I was talking to myself and to the earth! What a weird thing to do! But, surprisingly, what normally would have been a weird feeling to speak in this way became a natural flow of communication. It is important to know that there is nothing “weird” about speaking your truth as it actually gives you a sense of freedom from the self-imposed prison that is so often a part of your daily experience.

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Suddenly, I became distracted and soon lost my focus. I quickly opened my eyes and realized that an ant had stung me on the back of my leg! I instinctively moved and gently flicked the ant off of my skin. I was instantly annoyed at this rude awakening but then relaxed as I realized (**noticed**) that I had sat down on this ant's home!

I was startled by my conscious reaction to what normally would have caused me to utter a few choice words of disapproval, and to smash this creature into oblivion without a second thought and absolutely no remorse! Instead, I had an acute awareness of my connection to nature. After all, this is nature's way of getting our attention! Surprisingly, I found myself intently focused on observing the ants' movements; what was it doing, where was it going?

I sat for a while watching the ant courageously climb over blades of grass which appeared to be huge obstacles in its path. I noticed its antennas frantically moving in every direction trying to find its way through the maze of grass. It had a job to do and its every movement was devoted to completing its mission!

I know that this may sound completely ridiculous and insignificant but I find it incredible how such a tiny, "insignificant" creature could hold my attention at all! When I think back in my life, it is amazing that the last time I remember observing an ant or any insect for that matter, is when I was a child!

Children are highly attuned to the natural world but unfortunately tend to lose this connection as they grow into adulthood. Life in modern society often involves too many distractions, responsibilities, and pressures to succeed, so children no longer have quality opportunities to develop their pineal gland (third eye). "Playtime" is an extremely important time in a child's life to develop both mental and spiritual qualities. Play gives children the opportunity to create, visualize, and use their imaginative abilities making their pineal gland strong and active. Without play, children grow into adults who can only see the concrete material world directly in their view and the abstract world is considered "science fiction" and is often limited to the fantasy created by Hollywood movies and video games. When young children play "let's pretend" they are either trying to recreate the spiritual world in which they are familiar or they are trying to learn how to operate in the physical world by pretending to be adults, etc. Either way, their souls are learning, adjusting, and adapting to the environment in which they now find

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themselves bound. Play basically helps the soul to live in the physical world while also helping to retain the vague memory of the spiritual. It is an integration of both worlds and an extremely important step in human development.

The most striking thing that I noticed was how vividly conscious I was regarding the various colors, sounds, and vibrations around me. It was a feeling that somehow, just like the ant, I also had an antenna on the top of my head giving me direction! It was a feeling of being guided by an unseen force encouraging me to “*notice*” the natural world and being aware of the sanctity of all its creatures. I was somehow attuned and connected to the vibrations of nature! This is very important information because the idea of an “antenna” is one way that humans can relate to the concept of *attunement*. Basically, we “attune” by using an “antenna” to pick up signals.

We all play a role in life from the majestic hawk soaring above in all its glory, to the lowliest of ants crawling around on the ground. We are all connected and we all have a place in the natural world. This was the highest knowledge that was available to me at this particular time and a deep source of growth and learning.

After sitting for a while and reflecting on this gift of knowledge, I strangely became aware of the heat around me as several beads of sweat formed on my upper lip. The air was once again still and the heat soon became unpleasant and I noticed myself becoming agitated. I realized that this was a sign that my work here was done.

I took several photos of the mound and burial hut nearby, and then leisurely walked back to my car. I now understood the purpose of this mound and so felt that my brief mission here had been accomplished. The Town Creek Indian Mound in Mt. Gilead, North Carolina, was the first conscious visitation by me to a sacred site for the purpose of healing. I give thanks to the indigenous people whose ancestors preserved the knowledge and wisdom by dedicating these special places and recognizing them as being sacred.

When I returned home, I wanted to continue with these feelings of empowerment and to somehow implement them into my everyday life. I always knew that one day I would write a book but the necessary inspiration seemed to be elusive. I decided to take a risk and just trust in this newly acquired wave of energy that was still lingering with me from my visit to the mound. I sat down with pen and paper and asked, “What am I supposed to

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write?” The answer is contained within these pages. It is amazing what we can achieve when we ask ourselves these burning questions! We have to truly listen to the answers even though they are given in a “language” we don’t normally recognize or understand.

The platform Indian mounds have a slight resemblance to the more familiar ancient pyramids of Central and South America in their general shape and design. They may not be elaborately constructed with monolithic stone carvings and may be lacking obvious astronomical and geometrical alignments, but the ceremonial mounds were nevertheless constructed for a purpose, and many ancient people travelled many miles in order to experience their sacred power.

It all has to do with *energy*. In order to stimulate your pineal gland (third eye) to “see”, an energy connection must be made. This “sight” may come in the form of “insight”. Making a connection is like suddenly having a thought that pops into your mind. But this thought can just as quickly fade into oblivion if you don’t make a mental note of it by bringing it into your consciousness. Everyone is different in how they receive energy. For me this “insight” comes in *thought forms* (more later). I basically get thoughts that seem to come from out of nowhere.

Whoever built the mounds was apparently using the same technology of the more elaborate pyramidal structures of Central and South America. The difference is that the mound builders constructed earthworks rather than stone structures. It is debated as to who the mound builders were, and why these mysterious builders seem to have disappeared leaving behind only myths and legends.

In the book, *Indian Mounds of Wisconsin* (University of Wisconsin Press, 2000), researchers have determined that mounds were used as “*cosmological maps that model ancient belief systems and social relations.*”

[1]

Based on archaeological investigations and anthropology, conventional academics have determined that prehistoric indigenous people of the Americas built the mounds, but at the time of European exploration of the Americas starting in the 15th century A.D., the historical indigenous people that they encountered were generally not knowledgeable about the civilizations that produced the mounds.

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Did indigenous peoples of the Americas build the mounds or did they inherit them along with the wisdom teachings? We may never know the absolute truth, but I believe that some native tribes were given the important tasks of being the keepers of advanced spiritual knowledge. Their ancient migrations may have been related to the important tasks of locating and anchoring the electromagnetic energy centers after a time of great cataclysms and subsequent earth changes.

There are many migration stories within the indigenous tribes that describe how their ancestors were given instructions to migrate. Following are some excerpts from one such story as told by the Pleasant Point tribal web site:

Migration Story of the Ojibwe to the New Land: “When the seven prophets came to the Ojibwe with instructions about life from Creator, the People were living in the east on the shores of the Great Salt Water. Because life was so full, some people doubted the migration predictions of the prophets and there was much discussion about the migration and the prophesies of the Seven Fires. At the last migration, they found the sacred ground. It took 500 years to complete the journey.”

There have been many cultures throughout the world whose religious and spiritual practices more or less tried to integrate the ancient wisdom teachings into their understanding of the great mystery of life. Some examples include: Gnostics (including early Christians, Hellenistic Judaism, Greco-Roman mystery religions, Zoroastrianism, Neo-Platonism), Kabbalah, Egyptian, Vedanta Hinduism, Tibetan, Celtic, Aboriginal Australians, Buddhism, Incan, Mayan, Toltec, Hopi, Lakota, Ojibwe, and *many, many more*). These groups were given the tasks of holding, preserving, and eventually revealing the wisdom teachings to all souls who follow the path to enlightenment. These instructions apparently were given to humanity by beings that were called God/gods, Creators, Makers, Prophets, etc.

Oral traditions have the problem of losing their original meanings over eons of time and have become a confusing assortment of religious philosophies, myths, and legends. Although there was an effort to destroy this information during the times of conquest, it has amazingly remained intact and held by the spiritual elders in many parts of the world.

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I believe that both the mounds and the pyramids were serving the same purpose only utilizing different construction methods depending on whatever technology, tools, materials, and labor source was available to them at the time. I believe that the mounds still retain their basic structure and their purpose of designating and accessing the earth's electromagnetic energy grid. The energy at the mounds gives the soul access to portals (more later) that connect the earth to other realms of existence. This is why many mounds and pyramids were also used as burial chambers. It was believed that the deceased person's soul could enter the portal and find their way in the afterlife. The mystery of the "Indian" mounds remains and still captivates the imaginations of modern people.

This story of my experience at the mound illustrates what can occur when one is guided by intuition (inner voice) to provide a simple exchange of energy, which can be beneficial to both giver and receiver. It is important to do this exchange because there is such a thing as energy depletion. Both humans and the earth are energetic entities with limited resources of nourishment. If either one is primarily the giver of energy eventually the giver will suffer physically and mentally. Since the earth is the primary *giver* of energy, it is being systematically depleted, causing much turmoil within her body structure.

The earth is suffering from the indiscriminant abuse by the people living on her surface. Her waters are polluted with chemicals, fertilizers, and pesticides. Her air is becoming increasingly unsafe to breathe. Her vital organs are being stripped through the mining of her mineral wealth. We are forcing huge amounts of oil, gas, and coal out of her body, which pollutes and damages the environment. We bury our toxic waste products in her soil. Deforestation is a crippling reality to the countless birds and animals that use the trees as their homes. Other creatures that share her bounty are losing their habitat being driven to the point of extinction. We are constantly cutting down forests to make way for more shopping centers and housing developments. Trees are essential because they keep the earth shaded, oxygenated, and help prevent erosion of precious topsoil. The earth is suffocating from the endless spreading of concrete along her surface. Human overpopulation is exhausting her natural resources. She is sick, and we in turn are also sick, poisoning our own body ecology by ingesting and breathing toxic substances. We are unwittingly killing ourselves because we

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depend on the earth for our own survival and we have forgotten how to live in tune with nature.

To help counter balance the earth's energy depletion by humans, a source of renewable energy needs to be obtained to provide nourishment. Just as the human physical body needs nourishment, so does the human spiritual body, through prayer and other spiritual practices. The earth is similar to a human body and also needs physical and spiritual nourishment. Trees need clean water, clean air, nutrient rich soil, and the light of the sun in order to thrive. It is the responsibility of humans to treat the earth with respect by managing her natural resources in a sustainable manner.

The earth also has a spiritual body, which needs love and nourishment in order to thrive. Many humans feel that the earth and the animals are to be conquered and subdued. ***This is a grave misunderstanding.*** The energy from God is an unlimited source of nourishment and renewal. Just as in the human spirit, the earth spirit will benefit by receiving this divine energy source. Because humans have mainly caused the imbalance through their destructive treatment of the earth's environment, then it is appropriate that humans should become aware of their role in this disaster and do whatever is necessary to correct it. This is why there should be an ***exchange*** between heaven and earth using the human body as the vehicle to make this exchange.

Humans, as a species have damaged the environment almost to the point of no return. *Almost*, is the keyword here, but we still have time to make the changes that will create the shift in consciousness necessary to turn our society from a state of ignorant bliss, to a state of positive action.

In many ways this is already happening but we still have a long way to go. We can all do our parts in protecting our earth mother by conserving energy, developing cleaner and renewable energy sources, reusing, buying and using recycled products, using organic products and services, and by eliminating the use of wasteful and unnecessary product packaging such as plastics and paper.

I once received by mail a package from a food company advertising their new line of potato chip snacks. The package was made of cardboard designed like a book to encase one sample size bag of chips. All of that packaging to feature one tiny bag of chips! It is mind boggling to think about how many trees were cut down and how much oil and gas was used to

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produce and deliver this type of packaging, all for the purpose of the remote possibility that I buy their brand of chips in the future! Ironically, it had just the opposite effect! The reason for that is the fact that I was able to bring this environmentally destructive practice into my consciousness, which turned me off to this product.

This is wasteful and unnecessary packaging! Have you noticed how some products are packaged using thick plastic where you practically need a chain saw to get inside? This is wasteful, unnecessary, and harmful to the earth. It takes many lifetimes for some plastics to decompose in the environment.

Whatever happened to the days when milk came in reusable glass containers and eggs were sold in bulk and carried in reusable baskets without heavy-duty plastic or foam cartons? I am guilty of buying these products because there simply are no other options available! Can you imagine the quantities of plastic milk and egg cartons alone that go directly into the landfills every day?

These conveniences are taken for granted by our fast paced society. The list goes on and on with examples of this problem. These are problems that our society can solve once attention and focus is placed on protecting and loving the earth just like you would care for a family member. We should all try to think of the earth as our ***mother*** and our source of terrestrial life. She provides for us by giving us nourishment and without her our physical bodies would perish. Once this shift is made in our psyche, we can then focus on solutions and sustainability. The earth cannot sustain our accumulating buildup of toxic filth. We have to nurture and respect the land that we depend on for our survival.

“We are like tenant farmers chopping down the fence around our house for fuel when we should be using nature’s inexhaustible sources of energy-sun, wind and tide. I’d put my money on the sun and solar energy. What a source of power! I hope we don’t wait until we run out of oil and coal before we tackle that.

-Thomas Edison (1931)

I was guided by *intuition* to go to the Town Creek Indian Mound to make an energetic exchange. But it takes many souls to enter into this union between heaven and earth to make the necessary changes. I know that I

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need to continue to encourage people to become knowledgeable about the benefits of consciousness awareness, and the important role it plays to our future here on earth both physically and spiritually. It is not necessary to become a “save the earth” fanatic (unless you want to be) or to criticize and ostracize others who don’t share this view. I do what I can and try to go the extra mile, but I don’t let it consume me and I am not particularly vocal about it. I am simply riding the wave of consciousness expansion like so many others.

Intuition: “The ability to acquire knowledge without interference or the use of reason. Intuition provides us with beliefs that we cannot necessarily justify.”

Have you noticed how the new paradigm among society is “going green”? This is an example of the **wave energy** that humanity is creating by focusing attention on positive changes. But, it is important to know that you can only make changes for yourself. Trying to force others into compliance is not the answer to this problem. Force never works in the long run because change has to come from *within*. When you make changes for yourself that are in harmony with nature, others will eventually harmonize along with you in a *wave-like pattern*; like a chain reaction.

We as humans need to take notice of our destructive habits and train ourselves to look at the earth in a different way. We need to see the beauty in her landscapes and try to preserve this beauty for our children. We need to teach our children by example how to nurture the earth and show her love and respect. If we are conscious of what is going on in the world, how can we possibly continue to ignore our roles in this environmental destruction? We simply cannot continue to live in this illusion. Being **disillusioned** is what is needed!

Illusion: “The state of being intellectually deceived or misled; perception of something objectively existing in such a way as to cause misinterpretation of its actual nature.”

Disillusion: “Freedom from false beliefs or ideas.”

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Being conscious and **disillusioned** requires a lot of responsibility. When we live in an awakened state and know that our everyday lives are simply what we ourselves have created, it is not possible to remain silent and inactive. We can no longer rationalize our complacency by saying, "The problem is just too big and I'm just one small person!" "I can't personally change the world so I will just do nothing!" "To protect myself from fear and anxiety, I will just pretend that there is no problem and just hope for the best!"

The great truth of the matter is that there actually **is** something you can **personally** do, and that is to change **yourself**. It is the only thing that is within your complete control, and is the first step in changing the world. One little change leads to a snowball effect. When enough individual people start to make small changes in how they think about life and control their own issues in positive ways, then together we can raise the consciousness level of the whole planet.

Consciousness is a word that is difficult to define because it is an intangible concept.

Consciousness: "Perceiving, apprehending, or noticing with a degree of controlled thought or observation."

So, if we control our thoughts and truly observe our experiences, we will start to see behind the veil of the illusory world, and start to understand that all of the human related current events, situations, and conflicts are designed to confuse and disorient us. Because of the "programming" placed into consciousness by some religious institutions, governments, media outlets, and mega corporations, we as a society get caught up in all of this drama forcing us to keep playing the games of life that mostly revolve around the material world. When we begin to see beyond the illusion (deception), a shift is made at the core of our being, and we *wake up* from the dream. To "wake up" is to be fully conscious, alert, and aware. A spiritual awakening is to "wake up" to the realization that there is more to life than having a physical body. We become conscious, alert, and aware of our supernatural/spiritual bodies and to the important role these bodies play in our physical lives.

As we gradually "wake up", we continue to expand our consciousness to new and higher levels. This process stimulates our pineal gland, which

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starts to open many of the brain's neural pathways that were previously closed, connecting us to higher and higher levels. When we make this connection, we then look around and realize that we are like players in a "game" called life. The beauty of it is we don't have to play the game if we don't want to! We can just be observers and choose not to get wrapped up in the drama. When we disconnect from the drama it ceases to be a major part of our experience. But, when we *personally create* a drama then it is our responsibility to focus our attention to end it with a positive outcome. We then learn to only create the things we desire in our lives and all of the drama we left behind becomes like static noise in the background.

Drama: "A state, situation, or series of events involving intense conflict of forces."

There is no need to participate in any "conflict of forces" if we decide not to play along with the situations that keep us bound and chained to the illusion.

As time passed after my visitation to Town Creek Mound, my mental mind was able to integrate this experience with my spiritual body. I am not sure of the exact combination of "ingredients" that went into giving me this experience and I have no idea if this can ever be replicated. I am just grateful that I was able to experience it at all and I feel that it has changed my life on many levels.

I think that it was the combination of being totally alone and undisturbed and allowing myself the freedom to be a conscious participant in the experience without preconceived notions. **I was outside of my "normal" thought patterns, which gave me the opportunity to internalize something new.** I asked many questions fully *believing* that I would get answers. As strange as it may seem, I actually felt as though I was having a conversation with Mother Earth! I was on a mission, my own personal vision quest! I had a sincere desire to give something to Mother Earth, and I believe that that this act of generosity opened up the necessary energetic channels that gave me the experience of extra sensory perception.

In order to demystify the concept of extra sensory perception it may help to understand the definition: **"Perception that involves awareness of**

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information about events external to the self not gained through the senses and not deductible from previous experience."

I was able to somehow utilize the senses beyond my normal five senses making me "extra" sensitive to the natural environment. I was focused only on that particular moment in time and nothing else existed, no past, no future, only the here and now. This was the crucial factor that allowed me to "see" beyond what we humans normally call "reality", and to "see" that there is an alternative reality that can be accessed by connecting the human energetic life force with the energetic life force of the heavens and the earth. This is what I call the "***vital link***". The *vital link* is made possible by the connection of the earth's energy centers (sacred sites) and the human energy centers (chakras).

I feel that *sacred learning* took place but it wasn't all immediately apparent and took some time for me to make these connections. Staying alert and aware to seemingly coincidental and synchronistic events is the key to integrating sacred learning. When we become alert and aware of these coincidental life experiences, it is like getting a message from "God" complete with directions and guidance, helping us to choose the most favorable path for our personal development.

Divine energy enters the subtle body through the "antenna", which is located at the crown chakra, and the energy received from Mother Earth enters through the root chakra. Messages can come in many shapes and forms but the trick is to *recognize* when you receive one. This is all a part of consciousness expansion, which requires being awake, alert, and most importantly a **belief** in the innate power and potential of the human being. Following is a story of what I consider an example of coincidence and synchronicity:

In 2007, I went on a group tour to Bali. I invited my son Matthew, who was 18 years old at the time, to join me as a travel companion.

When we first arrived at the hotel, we started to unpack our luggage. I had squeezed his hiking boots into his suitcase back in the states since I thought we might be doing some hiking. He was a little frustrated with this, as they took up a lot of space in his already stuffed suitcase. We debated back and forth for a while, but I prevailed and so he reluctantly agreed to take them along.

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We were living out of our suitcases for the first couple of days at the hotel. Matthew was annoyed at trying to accommodate the boots in his suitcase and after struggling with the boots for some time and grumbling under his breath, he finally grabbed them and said he was going to find someone on the street that might need them! I instinctively snatched them from him and said that I would just put them in my suitcase instead. He tried to reason with me by explaining that they were too bulky and there were many people out on the street that could use them. But, for some strange reason, I felt that he might need them later on in the trip and would regret not having them at some point. What can I say: **mothers will always be mothers!** So, I just made room for them in my suitcase and then didn't think much about them again.

A few days later, we had the opportunity to hike up to Mount Batur, which is an active volcano in northern Bali. Mount Batur is thought to be a holy mountain by the aboriginal people, and their legends say that it is sacred to Dewi Dani, the goddess of the lake who is the provider of irrigation and natural spring waters.

In order to participate in this hike, we would have to leave at 2 a.m. in order to take the one-hour drive to the site of the volcano, and then hike about two hours straight up a mountain in the dark so that we could watch the sunrise at the top! Of course, Matthew was up for it, but I was a little hesitant as this seemed like a lot of trouble just to watch a sunrise! Well, I decided to be a little daring since it was probably a once in a lifetime experience. This wasn't exactly my idea of "fun" but I was determined to take advantage of this opportunity.

When we got to the entrance to the hiking trail, there were many men standing around with backpacks waiting to escort the tourists up the mountain. Our group had already hired a guide, so we really didn't need any other assistance. But, that didn't seem to deter these men, as a group of "guides" followed along with us anyway. We had our own flashlights and gear and we were prepared for the long journey. I wanted to remain quiet, as it was too early for conversation, so I kept to myself along the path. I was carrying the backpack containing water for the two of us and we would switch off later down the trail.

Soon, one of the men approached me and asked me if I needed a guide. I politely said "no thanks" and quickly walked ahead. Eventually another guide came up to me and asked the same thing, and again I

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declined and politely walked on. The third guide to approach me was a little different from the other guides as he was wearing a Balinese temple outfit. He was neat in appearance and probably in his late teens or early 20's. He asked me if I needed help and I again replied that I did not. But unlike the other guides before him, he didn't seem to get my hint of wanting to be left alone, but instead kept on walking with me even though I obviously did not want to be disturbed.

Matthew was walking in front of me and I asked him to carry the backpack. He took the backpack and started to ascend the mountain until I eventually lost sight of him. I kept a steady pace but felt my legs starting to struggle with the uphill climb.

Soon, this same guide, who was now walking behind me, asked if I wanted some water. I told him no, and I didn't need any help, and that I had my own water. I thought that he would surely get the hint, but much to my dismay, he stayed right with me and wasn't in the least bit discouraged! I then became a little annoyed and decided to thrust ahead and maybe lose him on the trail. No such luck! Every time I would bolt past someone, he would also do the same in order to keep up with me! Eventually I found myself thirsty but my water bottle was in the backpack that Matthew was now carrying and he was nowhere in sight!

Soon, the guide again asked me if I needed some water. I told him that I had some water in my backpack and I would drink it when I caught up with Matthew. He said "OK" but instead of leaving me alone, he then stepped in front of me in order to guide the way!

The mountain was getting steeper and more treacherous with many loose rocks and other obstacles along the path. I knew that he was trying to impress me so that I would think that he was "helping" me and then I would be obligated to tip him! His persistence was starting to become annoying and I just did not want to be pressured into paying for something that I did not ask for. This hike was supposed to be a journey of peace and solitude but instead I found myself spending every moment trying to avoid this man!

As he walked in front of me to take the lead, I noticed that he was wearing a flimsy pair of sandals (flip flops) that were not conducive to hiking a mountain. They barely covered his feet and were old and worn with no traction. I wondered how he could possibly hike up a mountain without stumbling!

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As the ascent became more pronounced and unstable, he abruptly turned and offered me his hand for support. I was taken a bit off guard with this gesture and so stopped in my tracks. I instantly snapped back "I really don't need any help!" He nodded and then turned from me and quickly disappeared up the mountain. I was much relieved and thought, "Finally, I can just hike in peace!" I let out a sigh of relief and then continued up the path.

Suddenly a flash of light illuminated the ground directly in front of me and as I peered ahead I heard a familiar voice say, "Watch your step!" There he was blocking my path holding a flashlight in the direction of my feet! I stood for a moment looking intently at him and thinking "the nerve of this guy!" I then informed him that I had my own flashlight. He shook his head as if he understood and then turned and continued up the trail. I let him go a ways ahead of me thinking that maybe he would give up on me. I stopped to rest for a moment letting my breath settle down. My face felt like it was on fire and a little water would have been nice! But, I knew that Matthew must be just ahead of me and I could hold off for a little longer. I then continued up the path and was relieved to know that "my guide" was nowhere in sight. I breathed a sigh of relief and continued on my way.

I walked alone for some time enjoying the silence but soon started to sweat and my mouth became exceedingly dry. I was starting to feel slightly light-headed and was having a difficult time paying attention to the trail. Also, my flashlight was starting to dim from a low battery and it was a little challenging to hold it steady. Still, I continued on determined to get to the top with no help from anyone.

I soon found myself losing my footing with the many loose rocks that were lying along the path. On several occasions I had to take hold of the bushes that were growing along the trails perimeter for balance and support. I was breathing hard with my heart racing and I knew then that I would soon need some water to ease my thirst.

I eventually made it up to a clearing, where some members of our group were congregating to rest. I then flopped down in near exhaustion! I asked someone if they had seen Matthew and they told me that he had passed them awhile back. I was extremely agitated that he would leave me behind with the drinking water!

Just as I was starting to rest, I heard a familiar voice behind me "Would you like some water?" Startled, I turned around to find "my guide" standing

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there with his backpack of water! Unbelievable! I noticed that he was not short of breath nor did he appear to be sweating like the rest of us. I turned back around placing my knees up to my chest with my arms wrapped around them and buried my face to hide my frustration. I tried to relax for a moment to catch my breath while ignoring his question. But, I couldn't wait any longer for a drink, so I reluctantly asked him "How much for the water?" He hesitated for a moment looking surprised and then replied that it was 25 rupees. I could tell from the look on his face that he knew that 25 rupees was a lot for water and I could sense that he felt a bit guilty for asking this price. This was 4-5 times what a bottle of water normally costs in Bali. I looked at him suspiciously and replied "25 rupees? No thanks!"

Now, I am certainly not a stingy person by any means, but I suppose it was just the principle of the matter. I didn't bring very much money with me, as I wasn't aware that there would be men waiting for us at the entrance of the trail wanting to act as our personal guides. I wished that I would have known so that I would have been prepared with extra money. I also didn't like the idea of over paying for something that I already had! I felt sort of resentful for being put in a situation in which I was *obligated*. I am normally not this stubborn so my reaction to him was strangely out of character!

When I was sufficiently rested, I got up and continued up the path. I was getting close to the top and if I could just push on a little further everything would be fine. The path was steep and narrow now and at some point I found myself struggling in order to assure my footing along the trail. My legs were starting to shake from exhaustion and I was by this time extremely thirsty.

Then, as I slowly came creeping around a corner, I felt a hand reach out for mine. Yes, you guessed it, my guide! I stopped in my tracks and looked into his eyes, which were eerily illuminated from the glow of his flashlight. He didn't say a word but I could "read" his eyes, which were saying, "Please take my hand!" I stood motionless looking into his eyes and at that moment I could hear the frantic chatter of my inner voice. "*Take his hand!*" it said. "*Stop with this stubbornness and accept help from this stranger!*" I slowly lifted my hand to connect with his while he patiently helped me navigate the corner.

By this time, the sun was starting to rise in the distance and I could faintly see the view all around me. I didn't notice it before because I was so focused on the obstacles in my path. We both stopped to rest and to look

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out at the valley below. It was a beautiful sight to behold! I knew that this volcano was considered a sacred place but at the time I had very little idea what that *truly* meant.

Sometimes when we take a journey (pilgrimage) to a sacred place, we are often given an opportunity to meet someone along the way who may have a message for us. Sometimes the message and the messenger may not be what we expect. Sometimes there could also be a “message exchange” between these two people and the universe simply arranges the meeting. When the message is given and the receiver *recognizes* it and brings it into consciousness, then *sacred learning* takes place.

As the sun was rising in the distance, I gazed at this person who now stood beside me. My vision was a bit blurry apparently from physical exertion, but it was strange how my view seemed to have a grainy quality to it, as if the light receptors in my eyes weren’t adjusting properly to the available light. In the complete darkness I could not see this, but in the soft glow of the first morning light, I could sense a presence that was not completely of this world! What I understand now is that the critical time when the sun rises or sets over the horizon in the morning and the evening (dawn and dusk), is a special time in which the veil between worlds is lifted for a few short moments and we can sometimes experience the extraordinary. I felt that this was such a moment!

I glanced over at him and asked him his name. He told me but I am sad to say that I don’t remember what it was. I asked him where he lived and he said that he lived in a nearby village. He told me that his parents were elderly and not in good health and that he works every moment he can to help support them. He said that he hoped to someday go to a religious school and to learn all that he could about living a pure life.

I told him that I was from the USA and that I was on vacation in Bali. He said that he would someday like to travel to another country and to have the opportunity to work and to make money to help his parents. He was very much enamored by western culture and hoped to go to Japan, Europe, or the USA to start a new life. He was fascinated by all of the “stuff” that is such a part of the lifestyle of developed nations such as iPods, cell phones, computers, etc. Amazingly, he asked me if I would take him home with me and that maybe he could work for me or for someone I knew! He explained how he was a good worker, strong and loyal. He seemed desperate to leave

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and his sincerity really made an impression upon my psyche. I listened intently to his every word but felt powerless to help him.

We soon started back up the mountain. I let him guide the way with no resistance and I allowed him to offer his hand at points where I needed assistance. I let him use his flashlight to light my path even though the sun was slowly rising. After a few short spurts, I would need to rest as I was about at my limit on ascending this mountain! Each time we stopped to rest we would talk some more and I felt like I had known him for all of my life; almost like meeting a long lost son who had been away for a long time and we were happily visiting and catching up on lost time! After a little discussion, we would again push on to complete the journey.

Just before the last leg of the hike, we again stopped to rest and at that moment I found myself compelled to tell him something that I felt he should know. I explained to him my observations regarding his "fantasy" about living the life that I lived and that I in turn was "fantasizing" about his way of life. I told him that this hike was an eye opening experience for me because I had come to Bali to immerse myself in this "magical" land and that I wanted to leave the "western world" behind for awhile. I told him how impressed I was with the Balinese people and their culture and that I had noticed that although I had seen many people frantically trying to sell various products and services, I rarely saw anyone begging for a handout. I couldn't say the same thing about America! I told him that the so-called "western world" was indeed great in many ways, but in many other ways it was not so great, and that he should not be so quick to leave his own country.

I let him know that I thought that there was something special about his homeland and that his people were unusually adept at spiritual matters. I was impressed by the way the people always tried to please the spirits acknowledging their presence with daily offerings of flowers and food. There was always the aroma of incense in the air, which somehow piqued my awareness of the sacredness involved in even the most mundane activity's of daily living. There was something very "sweet and gentle" in the way the Balinese relate to life. I wanted him to understand that if he were to leave to explore other nations that he should someday return home with more knowledge and appreciation for his homeland. I told him to be careful and to try to avoid the material trap as much as possible and to always strive to keep the innocence that he portrayed so beautifully to me that day. I told

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him that if he became wrapped up in the material world that he may be at risk of losing some of his spiritual connection.

To my utter amazement, he then put his hands in a prayer position and in his broken English said “Thank you for these wise words” and then started to cry! I couldn’t believe that I was freely giving this complete stranger such intimate advice! My words just seemed to come from out of nowhere! He turned to look out into the distant horizon trying to shield his tears from my view. I then did an incredible thing! I actually took *his* arm to guide him to the trail and we then walked side by side to the top of the mountain! Somehow, we both received far more than either of us could have ever imagined.

There at the top was Matthew and most of my group relaxing and enjoying the beautiful sunrise. Even though Matthew was there with our backpack of water, I turned to my guide and asked him for a bottle of water. He stared at me in total disbelief and then excitedly opened his backpack and handed me the water. I gave him all the money that I had in my pocket, which turned out to be about 50 rupees, which more than covered the price of the water. I had a little extra money in my backpack and I was able to give him another 25 rupees as an extra tip.

I thanked him for helping me and then I sat down to rest. After a short while I noticed Matthew and “my guide” sitting near one another. I started to notice my guide’s feet and his flimsy sandals then I started to notice Matthew’s boots and how they stuck out like a sore thumb. Then it hit me like a ton of bricks! I knew why I brought those damn boots half way across the world insisting that they may be needed. They *were* needed and I knew who should have them!

I asked my guide if he wanted Matthew’s boots for his future guide trips up this mountain. His eyes lit up and he said “Of course!” But, then he seemed to get a little nervous and took me to the side and whispered if it would be possible to give the boots to him privately, because if the other guides saw this they would be jealous and try to take them from him. He said he was sorry but unfortunately it was just how things worked around there!

I then realized that I had offered him a “material” item and I was appalled to hear that it may cause trouble for him among the other guides. This potential problem only reinforced what I meant by the “trappings of the material world”. Although these boots were used, they were excellent quality

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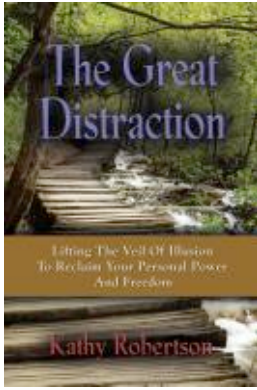
and still in good condition and would certainly be a “hot” commodity among this group of mountain guides! Whenever material items with value enter the picture, it is incredible how men who normally are respectable to one another, become jealous and greedy!

I didn’t discuss this issue with him but told him that Matthew would give the boots to him when he returned down the mountain, and if he would meet me at the bottom he could have them if he felt comfortable taking them. Matthew was very happy to give them up and thought it was a great idea.

The journey down the mountain was much easier and enjoyable. Matthew was down the mountain before me and was waiting for me at the bus, bare-footed and smiling! Soon, my guide walked up to me and took my hand, bowed to me and told me that he was grateful for what I said to him, and that he would always remember my words, and he would say a prayer for me and my family, and that I would be blessed forever! Wow! He gestured to his backpack and I knew that the boots were safely inside.

I also thanked him for being my guide and that I was grateful to have met him and that maybe we would someday meet again. He said that he would like that very much. I then smiled at him, said goodbye and started to walk towards the bus. Matthew and I both entered the bus and sat in the last seat in the back, and as we drove off we turned to look out of the back window and saw him standing in the distance looking at the bus, waving goodbye. We waved back and noticed that he put his hands together as if in prayer, and then put them to his lips and bowed his head until we could no longer see him as he disappeared from our sight.

Matthew and I exchanged glances. “Can you believe what just happened?” I asked him. He just sat there with a bewildered look on his face and replied “Awesome!” We both knew that something extraordinary happened that day!



Do you feel trapped in a system of corrupt politics, biased media, manipulative advertising, flawed education, fear based religious organizations, and the harmful practices of the pharmaceutical industry? This book will help you look beyond the illusion, reclaiming your personal power and freedom. This information is meant to open your eyes to other possibilities, to help "lift the veil" that may cloud your clear vision. Things are not always as they appear on the surface.

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